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pear, under very fair forms. It is best to make up your mind as to what refreshments agree with you, and what do not, and then partake of them accordingly. Both health and delicacy are best consulted by avoiding mixtures; to eat freely of one thing is better than to eat of a variety of things, and to eat slowly is not only better for your stomach, but for your reputation too; for what is more disgusting than to see a person devouring rich things as though they were furnished, or never before had tasted any thing so good.

By observing the expression of faces, you will be able to regulate your words and actions so as to be true to yourself, without hurting the feelings of any. The less you think of yourself and the more you consider others, the more agreeable you will be.

If, on going away from a party, a gentleman begs leave to hand you to your carriage or to walk home with you, and you are obliged to leave him in the entry, while you go in search of your shawl, look out for him again when you are equipped; and do not let another intercept him, if you can avoid it without making a fuss. If another arm is offered, you can hesitate, and say, "Mr. such an one was going with me;" then if he is at hand he will appear, and if not, you can proceed with the substitute. This is the rule of politeness, were there is no special reason for refusing a gentleman's attentions.

Learn to put on your things very expeditiously, if you would not exhaust the patience of all concerned. A gentleman is so easily equipped, that he often has to wait, and cannot but wonder at the time ladies consume; to lengthen his penance, by dawdling or stopping to talk is not fair, and shows a want of proper consideration for others.

#### REGULATION OF EXCHANGES

There has never occurred in our political history a circumstance that deserves to be more deeply weighed by the Democratic party than the present position of the commercial exchanges. No event ever displayed, in a manner so palpable and glaring, the reckless and false assertions which are the favorite weapons of Federalism against Democratic principles, measures, and men. Six months ago, and every stock-market bulletin from Wall street and Chesnut street was teeming with "the derangement of foreign and domestic exchanges." Exchange on England was fifteen or twenty per cent! Exchange on New Orleans, Mobile, Charleston, Natchez and other places, was ten, fifteen, twenty per cent! All the operations of commerce were at a stand; credit was destroyed, and enterprise was annihilated. For all this there was one cause, and one remedy. The cause was the war of "the Government" on the banks and the merchants; the specie circular; the gold humbug; the exclusive metallic currency; the cursed spirit of Loco Focism; the legacy of Jacksonism; the vile principles of Jeffersonian Democracy. The remedy—the sole remedy—was, to defeat the Administration; to charter a national Bank if possible; if not, to uphold the exploded deposit system; to put an end to all "experiments;" in a word, to succumb to the credit system. When Congress assembled in September, the President ventured to express the opinion that none of these things was either the cause or the remedy; that the derangement of exchange and the embarrassment of trade arose from excessive speculation and over-trading; the natural consequence of excessive issue of paper money; and that the remedy would not be found in adding a new stimulus to these causes, but in avoiding all interference by the Government: in leaving the sound sense of the American people to retrieve their embarrassments in their own way; in waiting for the results of that economy and reduction of purchases and imports which were already commenced; and above all, in looking for the payment of our debts to the real productions of our industry, the crops of our farmers and planters—not to fresh issues of paper money, or new supplies of bank facilities.

And how were these suggestions of a sound patriotism received? They were scarcely made before they were denounced with "all the decency" of Federalism. There was "no system for regulating exchanges;" there was "no remedy for the distress;" there was "no aid from the Government;" the sufferings of the country were treated with heartless indifference; Nero sat fiddling while Rome was burning! This trash, or something worse, was echoed and re-echoed from the Capitol to Wall street—from the caucus to the stock exchange. It was despatched by the express mails, "from our correspondents at Washington," to be flashed up again in the federal gazettes of Boston, New York, Philadelphia, New Orleans, and even in those brilliant foreign adjuncts of Federalism, the bankers' newspapers in London and Paris. All, however, was in vain. Congress was inexorable; the session came, and passed, and was at an end; none of the "causes" were removed; none of the "remedies" were tried; nay more, the re-establishment of a national bank was voted down; the restoration of the deposit system was voted down; and the representatives of the people went home, after giving time to the merchants and the banks for the payment of their debts, but without adopting a single one of the indispensable measures which Federalism had demanded.

But what, in the meanwhile, and the quiet and mighty mass of the American people been doing? What was the course of the land and in luxurious yeomanry of the land? Was the wagoner calling on Hercules to help him from the mire?—Was the planter of Carolina or Mississippi, with his fields white with abundant

cotton; or the farmer of Pennsylvania or Illinois, with his harvest of teeming grain, tarrying "for aid of Government?" Was the thrifty mechanic, the unspeculative merchant, or the prudent tradesman, waiting until Congress should "regulate exchanges?" No; such was not their course. They were curtailing their expenditures, they were refraining from speculations, they were importing less from abroad, they were living more frugally, they were sending round their crops to pay what they owed, they were meeting the emergency with the bounteous resources which their own industry, and the blessings of Providence on their country, had placed at all times within their control.

And what is the result? Without the least change in the conduct and policy of the Administration; while every one of the causes that have been assigned, remains in full operation; without the adoption of single remedy proposed by Federalist or Conservative, THE EXCHANGES HAVE REGAINED THEMSELVES. At New York foreign exchange is as low as 111, calculating in bank money, which is nearly equivalent to three per cent, UNDER THE REAL PAR OF EXCHANGE between New York and Liverpool. Domestic exchange is at 1-2 to 1-3-4 between New York and New Orleans, and will probably be very soon below par. Without a national bank—yes, in spite of the friends of a national bank—the regular trade, productions and industry of the people equalize their exchanges.

We trust the lesson which these events teach will not be lost on those timid or professing friends of Democratic principles and measures who suffer themselves to be blown about by every blustering gale of Federalism. As for the steady mass of the Republican party, such things only serve to make their adherence more steady to that course of political measures which in many a crisis heretofore, over and over again, through good and through evil report has proved to be successful and triumphant in the result.—Globe.

#### THE EXCHANGES.

The Federalists have stood upon two grand positions: first, that nothing but a United States Bank could effect a resumption of specie payments; secondly, that nothing but the same bank could regulate the exchanges. These are the positions on which the whole Federal party have stood since May last; and what are the facts? Why, that foreign exchange is THREE per cent, in favor of the United States! and that domestic exchange is nearly at par! Thus every thing desirable in exchange is already effected, without the aid of a National Bank; and that specie payments will be resumed in a few months in despite of all that can be done by the British Bank of the United States to prevent it. Suppose Congress and the country had given way at the extra session, and rechartered Mr. Biddle's bank, and the same results as to exchange and speedy prospect of resuming specie payments had taken place, what glory would have been sung to the bank! what triumph at seeing THREE per cent, in favor of the United States on foreign exchange! what exultation at the state of the domestic exchanges! what victorious shouting at seeing the New York and other banks ready to resume! and all attributed to Mr. Biddle's bank; but now that all these things have taken place, not only without the aid of a National Bank, but in defiance of the opposition of the Bank of the United States, not a word is said about it in the Federal press. Not a word in them about exchanges now! all silent—all hushed—all dumb-founded at finding it proved by experience that we can prosper, not only without a King bank, but in defiance of one!

Congress has been engaged thus far chiefly in a debate on the reception of abolition petitions and memorials on the admission of Texas. Mr. Wright has introduced a bill into the Senate requiring the banks in the District of Columbia under the penalty of a forfeiture of charters, to resume specie payments by the 1st of May. The House has been engaged in a warm debate on a constitutional question in relation to the Standing Committee. Mr. Pope of Kentucky, has been appointed to take the place on the Committee of Ways and Means vacated by the resignation of Mr. Fletcher. On Wednesday 20th, Mr. Slade of Vermont, addressed the House at length on the subject of an abolition petition presented by him—taking a wide range, and entering into the general subject of slavery. His course produced great excitement—he was frequently called to order and motions were made for adjournment. Mr. S. was compelled, at last, to take his seat. When Mr. Wise of Virg. after alluding to the unprecedented course of Mr. S. called on the Southern members to leave the House, and accordingly some twenty or twenty-five members from the Southern States withdrew, and a meeting of the Southern Delegation was appointed to take place at 3 o'clock. Amid the confusion which this scene necessarily created, Mr. S. again attempted to proceed, but was called to order and directed by the Speaker to take his seat. An adjournment was then carried by a vote of 106 to 65.

At the meeting of Southern members, Mr. Patton of Virginia, was called to the chair. A committee of six was appointed to report at an adjourned meeting in the evening the measures to be adopted. At the adjourned meeting all the Senators from the slaveholding States, except Messrs. Benton and Clay, and all the Representatives were present. Elloquent speeches were made by Messrs. Wise, Moncree, Calhoun and others of the House. Mr. Patton of Va. was finally appointed by the meeting to present on the next day to the House a

resolution, disposing of abolition petitions by laying them on the table without debate. The same resolution in substance adopted by the House session before the last.—It was proposed to publish an address to the people of the U. S. and it is thought such a paper may hereafter be prepared.

On Thursday 21st, Mr. Patton asked leave to offer the resolution referred to above, which was objected to by Mr. Adams, when Mr. Patton moved a suspension of the rules which was carried. Mr. Patton then offered his resolution with a few remarks and moved the previous question and was followed by Mr. Adams, under great excitement, who, being out of order was finally compelled to take his seat. The previous question was carried—129 to 62.—The question was put on the adoption of the resolution.

When the name of Mr. Adams was called, he rose, and with great emphasis said, "I hold the resolution to be a violation of the constitution of the United States—of the right of my constituents, and of the people of the United States to petition, and of my right to freedom of speech as a member of the House."

While pronouncing this declaration Mr. A. was repeatedly called to order—and was finally commanded to take his seat by the Speaker.—Mr. A. requested that his reply should be entered on the journal, which was decided to be out of order, although the fact that the request had been made and the reply of the chair were inserted. The House then went into Committee of the whole on the reference to the Committee of the President's Message.

On Friday, the Senate was occupied in a warm debate on a bill to prevent the circulation of small notes in the District of Columbia.—Messrs. Preston and Clay advocated its commitment to the Committee on the District of Columbia.—Messrs. Benton, Brown and Young opposed, and advocated its passage. The motion to commit was negatived, and the engrossment ordered by a vote of 39 to 0.

In the House Mr. Adams made a motion to have his declaration made in answer to his name on Mr. Patton's resolution entered on the journal—which was laid on the table. Appropriations for fortifications and the Army for 1838 and a bill to remit duties on merchandise destroyed by the fire in New York, were reported by the Committee of Ways and Means.

#### FEDERAL DOCTRINES.

Nothing will show the true character of Federalism so clearly, as to trace it in all its windings, and observe, in how many instances it has opposed and advocated those measures, which have received the support or met the condemnation of the Democracy. The same deceitful feature that marked it in infancy, when it came fresh from the hands of its nursing fathers Ames and Adams and Hamilton, has continued to distinguish it throughout its long career of political knavery and hypocrisy. Ever-varying in its mode of operation to meet the contingencies of the times, to adapt itself to popular favor, it has assumed such a variety of names, and clothed itself in such borrowed garments, that it would seem almost impossible to suppose it possessed of a sufficiency of that conservative principle of its existence, *impudence*, to venture upon the assumption of new ones. But the last resort is, to follow the advice of its own bard,

"And if we cannot alter things,  
By George we'll change their names, sir."

And when the disguise of a name becomes tainted by the adhesion to the putrid system which it conceals, another is taken, with the same facility that an application of *chloride of lime* is made in parallel cases to remove vegetable impurities. In all the changes made, and disguises taken, it is still *Federalism*; it is still the same principle of opposition to the popular will, and the same yearning for the upper seats of the synagogue. In the progress of a political campaign, it is the policy of the opposition to conceal its true colors, because the good sense and patriotism of the people would revolt at the idea of elevating to office men who would treat with scorn and contempt the people who gave them power.

When circumstances have transpired to gain a triumph for the opposition, then, when the object is attained, as they imagine, the cloven foot is made to appear, and the true principles of the party are clearly and distinctly avowed. Are there those, among our readers, who are drawn, is merely ideal? We invite their attention to the following propositions set forth and advocated by the New York Commercial, in which the monarchical doctrines of the revived Federal party are boldly maintained, and from which the people will learn, what they may expect, if the Federal party ever enjoy the privilege of carrying their principles into practice:—1. That it is idle to talk of the intelligence of the people, for the history of nations [says the Commercial] cannot present an example of such total want of intelligence as our country now affords!

2. That it is a FUNDAMENTAL MISTAKE that the people may be GOVERNED, or will govern themselves by reason.

3. That the difficulties of our political affairs are the genuine and natural consequences of defects in the Constitution, and of the FALSE and VISIONARY opinions which Mr. Jefferson and his disciples have been proclaiming for forty years.

4. That 'universal suffrage has been left without adequate restriction.

5. That high officers should not be responsible to the people, and the Constitution must be changed in this respect, because 'when the Executive officers depend for their offices on annual or frequent elections, there will be no

impartial or efficient administration of the laws.' 6. That 'the Constitution must secure the Chief Magistrate in his office.'

It is right that the Democracy should be apprised of these expressions of the Federal party that they may better understand the motives which actuate their political opponents, through all their tergiversations—their desire of success, and the hope to coax or wheedle the people in their support. But, thanks to the intelligence of the people and the progress of reform, the principles of ancient Federalism can never be successfully revived in this country.

#### OXFORD HERALD.

Paris, January 2, 1838.

"Another year with its joys and sorrows—its pains and pleasures has passed away. A new one with its hopes and anticipations—its fears and forebodings has commenced. Immersed in pleasure or business, distracted with cares and sorrows, or revelling in amusement we take no note of the ceaseless flow of time. We need something to recall us to ourselves—to remind us of the rapidly with which we are hastening through our short career. A birth day or the commencement of a new year seems like a monument on the pathway of life to remind us of the space we have passed over and to admonish us of the progress we are making towards the end of our earthly journey. Let us pause and look back upon what is past and if we do it seriously and reflectively, it will smooth the future by teaching us how to avoid the difficulties we have encountered through errors in our past course. If we find there, sorrow, disappointment and vexation, it will be well to seek for the causes, and most likely we shall find that we ourselves have not always been blameless. Whenever we find that a course which in its beginning promised happiness, led to misery or disappointment, we shall be led by the dictates of prudence, if influenced by no higher motives, to avoid a repetition. When conscience tells us we have been in the wrong and we propose to ourselves amendment, we usually fix upon some future period for its commencement, and what time so auspicious for entering upon the task as the beginning of a new year. If the past year has been witness to our reformation and improvement in virtue and goodness, its recollection will serve to strengthen our good resolutions, and give us new power to persevere in the ways of well doing. If the ghosts of departed hours bring harrowing recollections, let them warn us to avoid what may hereafter bring us occasion of repentance. We all have before us hopes of good and anticipations of evil. Let the past teach us to be prepared for disappointment in the former and to bear with firmness evils that may not be avoided.

The late Bank Convention stated among their reasons for declining to fix upon a day for the resumption of specie payments, that the rate of exchange between this country and Europe was too high. The Bank papers too have harped upon this subject and intimated that the evil could only be cured by establishing a national Bank. But unfortunately for their hopes and prophesies the evil has cured itself, or rather trade has so regulated itself that exchange has fallen without the aid of a National Bank, and even in spite of the efforts of the friends of such an institution. Had a Bank been chartered at the late extra session of Congress or even before had been held out by such an event might happen, we should have been told by all the bank holdings that the Bank charter, or hopes of one, had restored public confidence, and that this alone had regulated exchanges. These political quacks prescribe a Bank as the remedy of all existing evils, but we can only keep off the flies that the patient will get well of himself. If the Federalists suppose that from late events the people are becoming reconciled to a National Bank they deceive themselves. When that question is fairly presented to the people, they will speak in a voice that can neither be misunderstood nor resisted. They will find that opposition to a Bank is not confined to the ranks of the democratic party, but that many of those whom they now rely upon as political friends will take an open and decided stand against them. We find that here in the country at least, many of our political opponents, feel themselves insulted by being called Bank men, and 'above the most open and determined opposition to a national Bank, and are decidedly in favor of some more efficient regulations of our State Banks. The existence of such sentiments and feelings among such men, augurs well for the cause of the people's rights.

STATE LEGISLATURE. Our State Legislature assembled on Wednesday of this week, and we may expect some interesting details of their proceedings by another week. The election of Governor is closely connected with the acceptance or rejection of the voice of a single town may vary the result. By having a majority in one branch of the Legislature, the democracy can guard their rights from invasion, should any thing of that kind be attempted. The principles heretofore adopted and acted upon by the democratic party will now undoubtedly be adhered to, let such a course effect the result as it may. If our opponents have a majority of the votes for Governor, let them have the benefit of it. The democracy respect from their servants a straight forward and manly course, swerving neither to the right hand nor to the left for any supposed temporary advantages. We leave tricks to our opponents. We have not forgotten the gains they played when they forced Mr. Stanton into the gubernatorial chair, nor the verdict which the people gave upon their conduct. They have not the same power now, even if they had the inclination to insult the people by a violation of their rights.

THE EX-PRÉSIDENT.—It appears from the papers, that some mean spirited, contemptible bipeds have written to General Jackson anonymous letters enclosing shipplasters, with a view, as they suppose, of annoying this venerable man. The Philadelphia Inquirer notices this cowardly conduct with apparent satisfaction, which has called down the indignation of the spirited and talented Editor of the Public Ledger in the following appropriate manner:—"We are confident that the principal Editor of the Inquirer did not write this—for he is a gentleman, in feeling and deportment—above committing, approving or excusing any dastardly service. We wish that all his contemporaries were equally scrupulous. Far from approving all the views or acts of General Jackson before and during his presidency, we cannot stoop low enough to make him an object of ridicule. Whatever reprehensible points have been exhibited in his very strong character,

none of them deserve contempt. Like Napoleon, he cannot be derided; and those who affect contempt for him, merely show their own clear title to that sentiment.

"Alas! less can we approve what is implicitly approved in this extract from the Inquirer—the base practice of writing anonymous letters. We have often denounced it, and now repeat that the man capable of writing an anonymous letter, for the purpose of defaming or insulting, is capable of any villainy of a fraudulent and cowardly character, and would commit any, when not afraid of detection. Not one of the dastards who thus strive to insult General Jackson, would dare to look him in the face; but every one of them would skulk away from his frown, like a dirty dog turned out of a clean apartment.

"General Jackson is now in private life, and his acts belong to history. For the purpose of instructing the future, by showing examples to be followed or shunned, let the history be written fairly and impartially, with nothing extenuated or set down in malice. But let not the sanctity of private life, or the infirmity of age, be invoked by dastardly ruffians, seeking to vent the low-spirit of low souls, while safe from reprimand in secrecy, insinuation or infamy. "He is old and infirm,"—This is a good reason with honorable men for treating him with forbearance, if not respect. He has been our highest public servant—a good reason with those who value national character, for refusing to exhibit him in a ridiculous light, even if he were obnoxious to ridicule.

"How great the contrast between such secret libellers and Mr. Webster! This gentleman, who in all his opposition to General Jackson, has not forgotten the rules of honorable warfare, in a late speech at New York, uttered of him language like the following: "He is a gallant soldier, a courteous gentleman, and a sincere and honorable man, and will respect you none the less for opposing him with constancy and resolution."

A Committee of the New York Delegation to the late Bank Convention, have published a long Address in refutation of the arguments adduced against the policy of fixing a day for the resumption of specie payments. The New York Herald furnishes the following synopsis of it:—

"It admits the proposition that the banks of New York were vested with the sole power of creating paper money on the express condition that they should redeem it on demand. It asserts that nothing but inability to perform this condition justifies a suspension.

The delegates ascribing the act of the 10th of May to the withdrawing of the public deposits, excessive foreign credits, fall of the price of cotton, importation of bread stuffs, and the inability of the South to make remittances. The banks in the other cities suspended with their vaults full of specie, thus enjoying an advantage over New York.

The New York banks were to blame for not foreseeing and providing against this crisis.—Whether they could, under any event, have avoided this blow, the delegates do not deem themselves called upon to decide.

Nothing can justify a continued suspension but a continued inability to resume and sustain specie payments.

Owing to the suspension, a hundred different currencies sprang up in opposition to law.—Necessity compelled men to violate the law and constitution. To perpetuate this necessity is highly demoralizing to the community and destructive of commercial honor and credit.

If the banks then be able to resume, they are bound to do so, and not to put off the hour under the plea of expediency. They owe that duty to the people in order to restore the reign of homogeneity, the laws, and commercial integrity. Legally and morally they are bound to resume, and the only question they can discuss and decide, is their ability so to do.

The moment a bank suspends, the power of issuing paper money should be suspended. If it be desirable not to suspend this function, the application should come from the people to the Legislature, not the banks.

It was argued that many respectable merchants were opposed to the resumption. What would they ask the banks to do that which they themselves would shrink from? During the late trying crisis, many of them asked for and obtained time on their engagements. Would any one of them delay performing his promises after he had obtained the requisite time, and become able to fulfill them?

Stress was laid on the inconvenience a resumption would cause to particular classes, but the general good must first be looked to.

It was urged that we must first restore the domestic exchanges to their natural and regular condition and order, before we should attempt to resume. This was a confounding cause and effect. Pay specie and the domestic exchanges will at once fall to a commercial rate. The very suspension has been the cause of the late inequalities in the exchanges. It is inadmissible to suppose that the Banks may prolong the suspension a moment beyond their inability to resume.

The question being as to this ability, it appeared to the New York delegates that an early day might be named for resumption.—On the 18th of August last, the committee appointed by the banks were of opinion that the fall in the exchanges was sufficient they to prevent the exportation of metals if convert of action could only be obtained among the principal banks on the question of resuming.

While the Convention was sitting, exchange had fallen to 114 national. One week after the adjournment, it fell to 111 1-2, that is 2 1-2 per cent below the specie par. On this point,



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